

# Harriers' Class



# Brathay Residential

22<sup>nd</sup> – 24<sup>th</sup> September 2025























## Activities at Brathay

Whatever the length of your stay, we will provide an itinerary that meets your needs and makes full use of your time with us. We have a huge range of activities at Brathay, including:



## Silverdale Primary School

Numbers of young people	Numbers of visiting staff	Date of arrival	Date of departure
17	3	22 <sup>nd</sup> September 2025	24 <sup>th</sup> September 2025
Age Range of group		Accommodation	
Year 5 and 6		Old Brathay	

### Outcomes & Group Background Information

- Improve communication skills to work as part of a team.
- Develop more Independence.
- Experience a challenge and build confidence.
- Learn about the outdoor environment (Mountains, Lakes and Rivers)

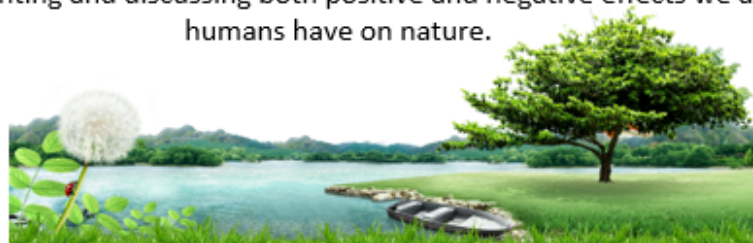
### Brathay's Residential Ethos

*These will be embedded in all young people residentials.*

#### Nature Connectedness

Creating a positive relationship between the young people and nature.

Taking time to observe and discuss our natural surroundings  
Highlighting and discussing both positive and negative effects we as humans have on nature.



#### 5 ways to well-being





**Outline of your activity programme during your stay:**

Please be aware that the course director may need to alter this programme due to various reasons. If a change to the programme is required, the course director will discuss this with the group leader.

Monday 22 <sup>nd</sup> September 2025		
	Group 1	Group 2
10:30 – 12:30	Arrival, meet Brathay staff and drop bags into group room, Golden Guidelines Introductions/ Team Games/ Expectations	
12:30 – 13:30	School Bringing Packed Lunch	
13:30 – 16:30	<b>Kayaking</b> Why Brathay. Let's get active and settle <u>in to</u> Brathay. Fun, games and a chance to explore Windermere.	<b>Kayaking</b> Why Brathay. Let's get active and settle <u>in to</u> Brathay. Fun, games and a chance to explore Windermere.
16:30 – 17:30	Collect bags from group room – Check into Accommodation – Settle into Rooms – Wash up for evening meal	
17:30 – 18:15	Evening Meal	
19:00 – 21:00	<b>Todd Crag</b> Explore the local trails and hike up Todd Crag to take in the view of Windermere. (Mindfulness and goal setting)	





Tuesday 23 <sup>rd</sup> September 2025		
	Group 1	Group 2
08:00 – 09:00	Breakfast	
09:00 – 09:15	Briefing and preparation for the day	
09:15 – 12:30	<b>Ghyll Scrambling</b> A short minibus ride into the heart of the Lake District to scramble up our local ghyll (mountain river). A chance to immerse yourself in waterfalls, pools, gorges and outstanding scenery.	<b>High Challenge Course/ Climbing Wall</b> Set yourself a challenge to climb up our climbing wall. Learn to belay and support your team.
13:00 – 13:45	Hot Lunch	
13:00 – 16:30	<b>High Challenge Course/ Climbing Wall</b> Set yourself a challenge to climb up our climbing wall. Learn to belay and support your team.	<b>Ghyll Scrambling</b> A short minibus ride into the heart of the Lake District to scramble up our local ghyll (mountain river). A chance to immerse yourself in waterfalls, pools, gorges and outstanding scenery.
16:30 – 17:00	Returning and tidying of kit and equipment.	
17:00 – 17:30	Free time to wash up and change clothes	
17:30 – 18:30	Evening Meal	
19:00 – 20:30	Campfire Celebration	





Wednesday 24 <sup>th</sup> September 2025		
	Group 1	Group 2
08:00 – 09:00	Breakfast	
09:00 – 09:15	Check out of Accommodation – Drop Bags into group rooms	
09:15 – 09:30	Briefing and preparation for the day	
09:30 – 12:30	<b>Canoe to Wray Castle</b> Exploring the north end of Lake Windermere by canoe. Access to several 'secret' bays and an opportunity to see first-hand geography with links to Rivers, Lakes and Mountains.	<b>Hike to Wray</b> Using your map and guidebook, navigate our local trails to reach Wray Castle.
12:30 – 13:00	Packed Lunch	
	<b>Hike to Brathay</b> Using your map and guidebook, navigate our local trails to reach Brathay	<b>Canoe to Brathay</b> Exploring the north end of Lake Windermere by canoe. Access to several 'secret' bays and an opportunity to see first-hand geography with links to Rivers, Lakes and Mountains.
15:30 – 16:00	Group Reviews - Farewells	
16:00	Departure	

Please Note: the meal times are only a guide and may differ slightly during your stay.



Canoeing out of Brathay Bay – Summer 2022



Jetty Jumping – Spring 2022



# Food

- Please pack a packed lunch for Monday lunchtime, with plenty to drink. NO FIZZY DRINKS!

## **Monday evening:**

- Beef Bolognese, Vegetable & Lentil Bolognese, Vegan Meatballs, Spaghetti
- Garlic Bread
- Grated Cheese & Mixed Salad Leaves
- Tiramisu

## **Tuesday Lunch**

- BBQ Chicken & Vegetable Wraps, Fajita Vegetable & Mixed Bean Wraps
- Potato Wedges
- Salad Bar

## **Tuesday Evening**

- Steak & Mushroom Pie, Homity Pie, Spiced Cauliflower, Spinach & Lentil Pie
- Mash
- Sweetcorn & Broccoli
- Salted Caramel Profiteroles

## **Wednesday Lunch**

- Picnic Lunch at Wray Castle







# Kit list

- Personal toiletries (please do not bring aerosols)
- Towel
- Trainers you don't mind getting wet
- Warm jumper/hoodie/sweatshirt
- Thick socks
- Clothes you don't mind getting dirty (bring a number of thin layers instead of bulky clothing)
- Comfortable trousers or leggings (jeans are not suitable for activities)
- Gloves and woolly hat (weather permitting)
- Sun cream/sun hat (weather permitting)
- Water bottle



# Staffing arrangements



- Day 1 = Miss Sanderson, Mrs Hodkinson, Mrs Greenall and Mrs Postlethwaite
- Evening = Miss Sanderson, Mrs Hodkinson, Mrs Greenall
- Day 2 = Miss Sanderson, Mrs Hodkinson, Mrs Greenall and Mrs Accialini
- Evening = Miss Sanderson, Mrs Hodkinson, Mrs Greenall
- Day 3 = Miss Sanderson, Mrs Hodkinson, Mrs Greenall and Mrs Accialini
- 2 members Brathay staff at all times
- 1 instructor per activity.
- 2 groups for activities: 2x 8/9 children

**Children made aware of which staff member's room they need help**



# Groups arrangements

<p>Group 1</p> <p>Mrs Greenall</p> <p>Mrs Hodgkinson</p>	<p>Group 2</p> <p>Miss Sanderson</p> <p>Ms Croston/Mrs Accialini</p>
<p>Kara</p> <p>Alice</p> <p>Emrys</p> <p>Oscar</p> <p>Harry M</p> <p>Harry S</p> <p>Seb B</p> <p>George</p> <p>Solomon</p>	<p>Jaxson</p> <p>Henry</p> <p>Reuben</p> <p>Charlie S</p> <p>Baine</p> <p>Finley</p> <p>Olly T</p> <p>Seb C</p>

# Other arrangements



- 2/3/4 children in a room – bunk beds.
- Lights in in corridors
- Showers are available.
- Mrs Taylor base contact: she will contact parents via Scopay text/email if emergency, as will the visit lead. We will have all contact details with us. Will contact via phone if individual needs contacting.
- Will try and upload a group photo to Facebook in the evening.





## In case of an emergency

- \* If a child needs an ambulance, the centre will organise this. We will call parents immediately and arrange to meet at hospital
- \* The ratios for year 5 and 6 is 1:10. If one adult goes to hospital, we still have 2 adults and the 2 site staff

# Included within our pricing

- ✓ Dedicated Course Director
- ✓ Fully trained delivery staff
- ✓ All equipment and kit (including waterproofs, hiking boots, sun hats etc.)
- ✓ Nutritious home-cooked meals by our resident chef
- ✓ Packed lunches for off-site activities and travel
- ✓ Comfortable accommodation and bedding
- ✓ Communal rooms
- ✓ Dry room
- ✓ Range of on-site activities, plus our own private boathouse
- ✓ Minibuses for off-site activities
- ✓ Space to play & explore in the grounds
- ✓ Optional evening activities (may incur extra charges, dependent on activity)



## Accommodation for Adventure

We're lucky to be in the heart of the Lake District National Park, at the Brathay Hall estate. It offers excellent access to fells, lakes and plenty of space for on-site adventure.

Our group accommodation is in three different buildings:

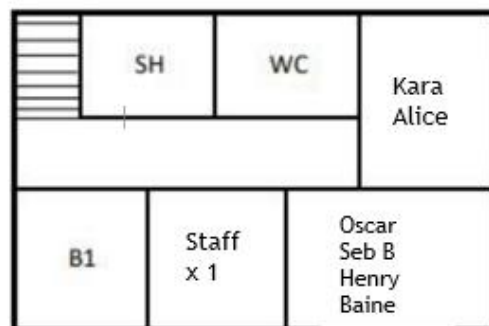


All with bunk-style rooms, showers, communal rooms, and kitchenettes for refreshments.



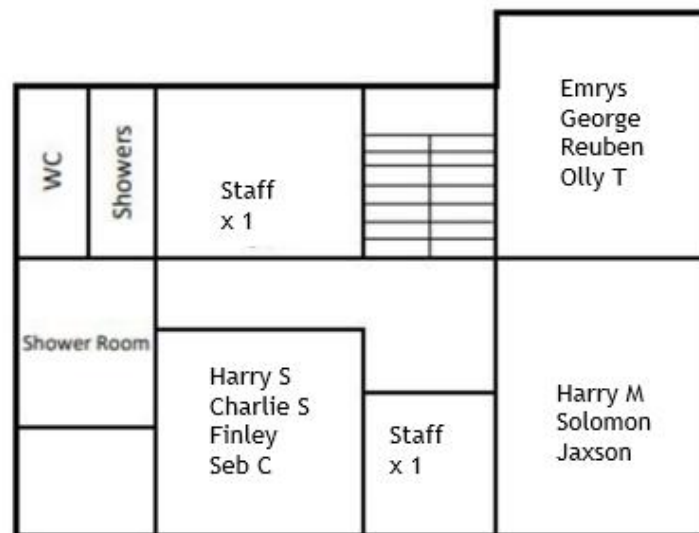






Blencathra - 2nd Floor

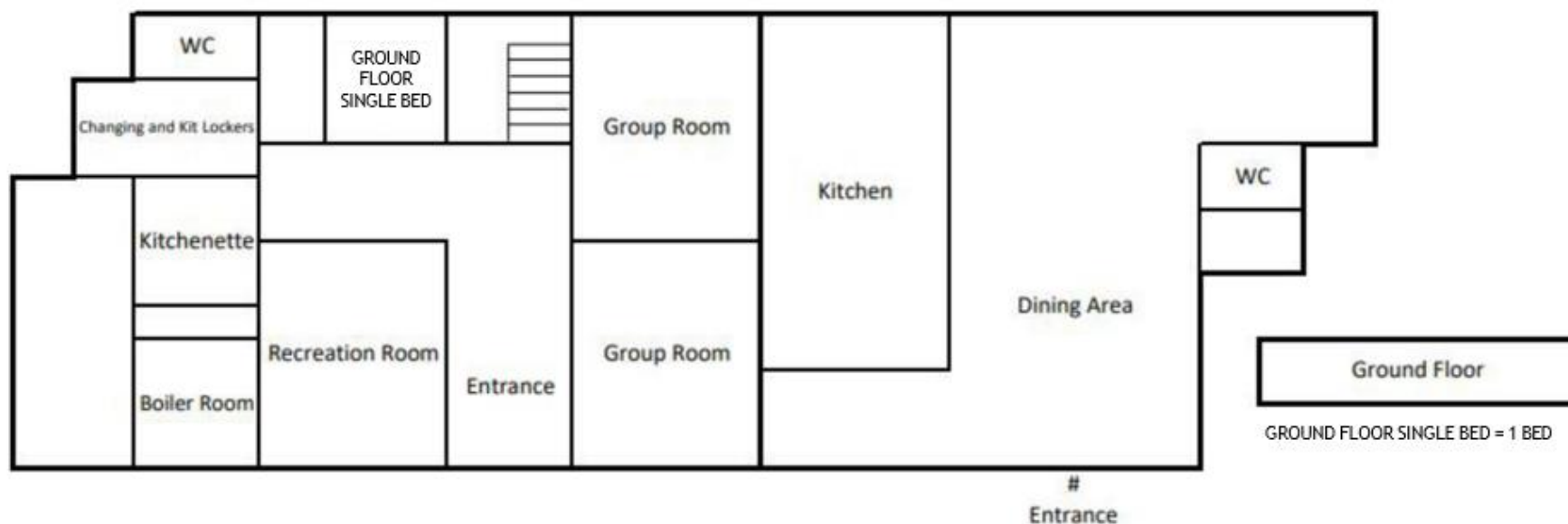
B1 = 4 beds  
B2 = 2 beds  
B3 = 4 beds  
B4 = 4 beds



Skiddaw - 1st Floor

S1 = 6 beds  
S2 = 2 beds  
S3 = 6 beds  
S4 = 4 beds  
S5 = 6 beds

## Old Brathay Group Accommodation







<https://www.youtube.com/watch?v=UiFKM68WR6M>

# Don't forget to complete your PI forms and take a form 3B for school records!

## Any questions?



Form 3B

**Parental/Carer Consent and Medical Information Form  
for Type B Educational Off-Site Visits and Adventurous Activities**  
(This form is to be completed in full by the parent/carers and returned to the School/Service)

1. Details of Visit  
Visit to: .....  
Alternative Activity (Plan B): .....  
From: ..... (date/ time) To: ..... (date/time)  
Child's name: ..... Date of Birth: ..... Form/class: .....

I agree to my son/daughter/ward taking part in the above stated visit/activity and having read the information sheet, agree to his/her participation in any or all of the activities described. I acknowledge the need for good conduct and responsible behaviour on his/her part and that the school/service reserves the right to prevent my son/daughter/ward taking part in the visit/activity in the case of poor behaviour. Further, I understand that there would be no entitlement to a refund of monies paid. I agree that I will update the school/service with any medical information or changes to emergency contact details.

S/he is capable of swimming 25 metres unaided Yes/No

2. Emergency Details  
a) I may be contacted by telephoning the following telephone number(s):  
Home: (.....) ..... Work: (.....) .....  
Mobile Telephone no: .....  
Name & Address: .....  
b) Please state an alternative contact point - Telephone number: (.....).  
Name & Address of Contact: .....  
Child's Health Service details: - Medical card number: .....  
Family doctor (Name, address and telephone number): ..... (.....)

3. Medical Information  
a) Does your child suffer from any of the following conditions?

Asthma	Yes/No	Bronchitis	Yes/No
Chest Problems	Yes/No	Diabetes	Yes/No
Fainting	Yes/No	Migraine	Yes/No
Heart Trouble	Yes/No	Raised Blood Pressure	Yes/No
Tuberculosis	Yes/No		

If 'Yes', to any of the above, please provide details: .....

Epilepsy Yes/No If 'Yes',  
a) What specific epilepsy syndrome has been diagnosed for your child? .....  
b) What is the pattern of any seizure? .....

b) Does your child suffer from any other condition requiring medical treatment, including medication? Yes/No  
If 'Yes', please provide details: .....  
c) Is your child allergic or sensitive to any medication (e.g. Penicillin), insect bites or food? Yes/No  
If 'Yes', please provide details: .....



Form 3B

d) Has your child been immunised against the following diseases?  
Poliomyelitis Yes/No Tetanus (lock jaw) Yes/No  
If 'Yes', to tetanus, please give date if known .....  
e) Is your child taking any form of medication on a regular basis? Yes/No  
If 'Yes', please give full details, indicating the type of medication and dosage. ....

Please ensure that your child has adequate supplies of medication and dosage for the whole visit.

f) To the best of your knowledge, has your child been in contact with any contagious or infectious diseases, or suffered any recent condition that may become infectious or contagious? Yes/No  
If 'Yes', please give full details: .....  
g) In the case of a residential course, does your child have any: (please give the details).  
> Special Dietary needs? .....  
> Any childcare needs? .....  
h) Please supply any additional information that you wish the Visit Leader to be aware of (e.g. medical conditions, allergies, recent illness, special requirements etc) which may affect the full range of activities in this event: .....

4. Insurance Cover  
I understand that the visit is insured in respect of legal liabilities (third party liability) but that my child has no personal accident cover unless I have been specifically advised of this in writing by the organiser of the visit. I also understand that any extension of insurance cover is my responsibility unless advised differently by the School/Service.

5. Declaration By Parent/Carer  
> In the case of an emergency, I agree to my child being given any medical, surgical or dental treatment, including general anaesthetic and blood transfusion, as considered necessary by the medical authorities present.  
> I have read the attached information provided about the proposed visit and the insurance arrangements.  
> I consent to my child taking part in the visit and activities, and, having read the information sheet, declare my child to be in good health and physically able to participate in any activities mentioned, subject to any agreed adjustments.  
> I have noted where and when the children are to be returned and I understand that I am responsible for my child getting home safely from that place.  
> I will ensure that any change in the circumstances (e.g. recent illness, medication or injury) which will affect my child's participation in the visit will be notified to the School/Service prior to the visit.

I accept that there is an inherent risk of injury in participation of adventurous outdoor activities. Risk can be reduced to acceptable levels by implementing appropriate risk assessments. Copies of written risk assessments are available on request from the school/centre.

Signature of Parent/Carer ..... Date .....  
(N.B. Parental/Carer consent required for children aged 17 and under)  
Name of parent/carers in block letters: .....  
Address: .....

Note: This completed form to be returned to the school/service.

In the case of the applicant being 18 years of age and above, the following must be read and signed:  
I declare the above information is correct and that the person in charge of the visit/activity has my permission to authorise medical treatment in an emergency. I consent to medical treatment if deemed necessary by the attending authority present and the use of anaesthetics being given in the case of an emergency.  
Signed ..... Date .....